

Q.M.A. WOMENS RECORDS AS AT 30th AUGUST, 2026

Record times up to and including 800m must be set with Electronic Timing to be accepted as Queensland /Australian/World Records to conform to World and/or Australian Masters Rules, and a Wind Gauge reading is required for Sprints and Long/Triple Jumps. 3 Watch Times are needed for any other distance longer than 800m to be recognised. Lap Scoring required distances longer than 1500m.

60 METRES

W30	Kelly McAndrews	2025	7.67
W35	Julie Brims	2005	7.99
W40	Julie Brims	2006	7.92
W45	Julie Brims	2011	7.75 A
W50	Julie Brims	2020	7.96
W55	Julie Brims	2021	7.95
W60	Wendy Sheaves-Doran	10	9.04
W65	Carol Davis	2016	9.12
W70	Carol Davis	2021	9.69
W75	Carol Davis	2026	10.05 A
W80	Lorna Thompson	2007	15.05
W85	Christiane Dauphiné	2017	17.08

100 METRES

W30	Kelly McAndrews	2025	12.30
W35	Una Lund	1980	12.1
W40	Julie Brims	2007	12.37
W45	Julie Brims	2011	12.37 A
W50	Julie Brims	2020	12.10 A
W55	Julie Brims	2021	12.24
W60	Wilma Perkins	2010	14.59
W65	Carol Davis	2016	14.61
W70	Wilma Perkins	2020	15.83
W75	Carol Davis	2026	16.50
W80	Marge Allison	2024	19.10
W85	Christiane Dauphiné	2017	28.37
W90	Christiane Dauphiné	2022	34.02

100 YARDS

W30	Fiona Cullen	2011	12.05
W35	Carly Carmichael	2022	12.03
W40	Julie Brims	2006	11.68
W45	Julie Brims	2011	11.60
W50	Julie Brims	2020	11.20
W55	Jessica Veurman	2023	13.99
W60	Wilma Perkins	2010	13.98
W65	Carol Davis	2016	13.54
W70	Wilma Perkins	2019	14.65
W75	Wilma Perkins	2026	18.14
W85	Christiane Dauphiné	17	27.00

200 METRES

W30	Brigitte Mullen	1999	25.15
W35	Wilma Perkins	1987	25.2
W40	Julie Brims	2007	25.13
W45	Julie Brims	2011	25.21 A
W50	Julie Brims	2020	24.87 A
W55	Julie Brims	2021	25.07
W60	Marge Allison	2005	30.03
W65	Jeanette Flynn	2018	30.55 A
W70	Carol Davis	2021	32.58
W75	Carol Davis	2026	34.69
W80	Marge Allison	2025	37.67 A
W85	Christiane Dauphiné	2016	65.94
W90	Christiane Dauphiné	2022	76.28 A

300 METRES

W30	Ashleigh Gibson	2024	41.20
W35	Lauren McAdam	2024	41.52
W40	Julie Brims	2010	41.11
W45	Adrienne McIvor	2016	40.29
W50	Julie Brims	2016	41.47
W55	Julie Brims	2021	40.57
W60	Wendy Sheaves-Doran	10	48.38
W65	Carol Davis	2016	49.11

W70	Carol Davis	2022	52.53
W75	Marge Allison	2020	57.89
W80	Marge Allison	2026	63.28
W85	Christiane Dauphiné	16	1.44.87

400 METRES

W30	Angelina Blackburn	2022	56.96
W35	Nicolette Hargrave	2025	55.66 A
W40	Adrienne McIvor	2015	56.47
W45	Adrienne McIvor	2016	56.60 A
W50	Julie Brims	2020	58.55
W55	Julie Brims	2021	59.36
W60	Marge Allison	2006	67.51
W65	Jeanette Flynn	2015	67.51
W65	Jeanette Flynn	2018	69.01 A
W70	Marge Allison	2015	76.60
W75	Carol Davis	2026	81.04 A
W80	Marge Allison	2025	88.63 W
W85	Christiane Dauphiné	2016	2.22.65
W90	Christiane Dauphiné	2022	3.14.42 A

800 METRES

W30	Katie Menzies	2012	2:21.56
W35	Nicolette Hargrave	2026	2:09.50 A
W40	Adrienne McIvor	2015	2:15.03
W45	Adrienne McIvor	2016	2:11.19 A
W50	Jeanette Flynn	2005	2:16.05 A
W55	Jeanette Flynn	2007	2:21.98 A
W60	Jeanette Flynn	2013	2:33.96
W65	Jeanette Flynn	2016	2:43.39 A
W70	Carol Davis	2021	3:05.52
W75	Carol Davis	2026	3:23.03
W80	Marge Allison	2026	4:10.51
W85	Christiane Dauphiné	16	5:26.22 A

1500 METRES

W30	Tressa Lindenberg	2003	4:53.44
W35	Olga Firsova	2021	4:28.19
W40	Olga Firsova	2023	4:25.30 A
W45	Jeanette Flynn	1997	4:33.29
W50	Jeanette Flynn	2005	4:42.00 A
W55	Louisa Abram	2018	4:59.36
W60	Jeanette Flynn	2012	5:28.07
W65	Jeanette Flynn	2016	5:47.83 A
W70	Anne Ryan	2026	6:14.70
W75	Marge Allison	2019	7:22.42
W80	Lorna Thompson	2008	10:21.26

1 MILE

W30	Kayla Toro	2023	5:56.70
W35	Petrina Brown	2007	5:55.67
W40	Olga Firsova	2025	4:54.10
W45	Jeanette Flynn	1997	5:07.95
W50	Jeanette Flynn	2004	5:13.6 A
W55	Jeanette Flynn	2006	5:27.57 A
W60	Jeanette Flynn	2012	5:56.00
W65	Jeanette Flynn	2017	6:17.10 A
W70	Anne Ryan	2026	7:10.99
W75	Irene Davey	2023	9:28.70

2000 METRES

W30	Kayla Toro	2024	7:34.45
W35	Kate Cecil	2022	7:26.27
W40	Taryn Axelsen	2023	7:49.29
W45	Jane Hoskin	2025	7:11.65
W50	Peta Dunne	2022	8:05.70
W55	Tia Jones	2021	7:51.49
W60	Susan Thornton	2025	8:29.69
W70	Irene Davey	2020	10:58.39
W75	Irene Davey	2023	12:09.06

3000 METRES

W30	Nerissa O'Donnell	2019	10:19.87
W35	Olga Firsova	2023	9:12.32
W40	Olga Firsova	2024	9:27.98
W45	Kerri Hodge	2019	10:04.8
W50	Marcia Sheer	2009	10:41.00
W55	Louisa Abram	2018	10:51.56
W60	Anne Ryan	2015	11:46.00
W65	Anne Ryan	2022	13:10.92

W70	Betty Menzies	2015	15:47.34
W75	Lorna Thompson	2002	17:46.0
W80	Lorna Thompson	2007	20:28.81

5000 METRES

W30	Nerissa O'Donnell	2017	18:11.71
W35	Olga Firsova	2022	16:06.70 A
W40	Glenda Banaghan	2007	17:05.51
W45	Kerri Hodge	2019	17:25.96
W50	Marcia Sheer	2009	18:24.31
W55	Louisa Abram	2018	18:24.57 A
W60	Anne Ryan	2016	21:06.56
W65	Anne Ryan	2021	22:51.99
W70	Anne Ryan	2026	23:07.79
W75	Lorna Thompson	2002	29:48.53
W80	Lorna Thompson	2008	36:05.23

10,000 METRES

W30	Tressa Lindenberg	03	38.27.0
W35	Olga Firsova	2021	34:07.27 A
W40	Glenda Banaghan	2007	35:48.40
W45	Glenda Banaghan	2009	36:47.37
W50	Nicola Bowker	2022	39:15.18
W55	Anne Ryan	2013	41:34.98
W60	Anne Ryan	2015	44:10.91
W65	Jeanette Flynn	2017	50:11.50
W70	Betty Menzies	2015	57:46.29
W75	Lorna Thompson	2003	65:19.9

2000m STEEPLECHASE

W30	Anne Nowill	2008	8:45.29
W35	Tressa Lindenberg	2006	7:41.34
W40	Kerri Hodge	2017	7:39.18
W45	Kerri Hodge	2019	7:33.24 A
W50	Peta Dunne	2024	8:26.61
W55	Miwa Kolb	2023	9:09.14
W60	Irene Davey	2008	9:57.16
W65	Irene Davey	2012	10:26.48
W70	Irene Davey	2017	11:29.95
W75	Irene Davey	2022	13:25.76

60m HURDLES

W30	Nicole Luyten	2025	12.42
W35	Eliana Seymour	2023	9.20 A
W40	Eliana Seymour	2024	9.03 A
W45	Janet Webber	2024	12.26
W50	Janet Webber	2026	10.50
W55	Maryann Hearn	2023	9.82 A
W65	Marge Allison	2010	11.05 A
W70	Carol Davis	2023	12.92 A
W75	Carol Davis	2026	12.45 A

80 METRES HURDLES

W40	Glynis Cearn	2001	11.66 A
W45	Marie Kay	2009	12.32 A
W50	Jan Hynes	1994	12.8
W55	Marie Kay	2015	13.03
W60	Una Lund	2001	14.24
W65	Wilma Perkins	2016	15.09
W70	Carol Davis	2021	16.98 A
W75	Carol Davis	2026	17.62 A

100 METRES HURDLES

W30	Eliana Seymour	2016	13.94 A
W35	Eliana Seymour	2024	14.72 A

200 METRES HURDLES

W70	Marge Allison	2015	36.71 W
W70	Carol Davis	2021	36.53 A

300 METRES HURDLES

W50	Jan Hynes	1994	45.8 A
W55	Wilma Perkins	2005	55.00
W60	Marge Allison	2005	51.64 A
W65	Marge Allison	2011	54.06 A

400 METRES HURDLES

W30	Jo Sherman	1999	65.74
W35	Lauren McAdam	2004	65.47

Q.M.A. WOMENS RECORDS AS AT 30th AUGUST, 2026

W40 Jan Hynes 1987 62.80 **A**
W45 Jan Hynes 1994 64.09

800M TRACK WALK

W30 Roisin O'Dwyer-Mazur 2025 4:31.76
W35 Roslyn Kirwin 2026 4:26.87
W40 Tracey Hollis 2023 5:17.72
W45 Brenda Gannon 2023 4:00.15
W50 Janet Webber 2025 5:32.15
W55 Jodie Craswell 2026 4:56.60
W65 Mary McGregor 2023 5:36.20
W80 Noela McKinnen 2023 6:43.87

1500M TRACK WALK

W30 Jodie Wilson 2025 7:48.52
W35 Barbara Keelan 1997 8.34.10
W40 Brenda Gannon 2017 7.51.78
W45 Brenda Gannon 2021 7.43.12
W50 Felicia Schmidt 2002 8.01.65
W55 Erika Woodward 2021 8.23.51
W60 Sally Lynch 2003 8.11.27
W65 Sally Lynch 2011 9.11.8
W70 Sally Lynch 2013 9.56.74
W75 Lorna Thompson 2002 10.20.98
W80 Lorna Thompson 2008 11.12.83
W85 Christiane Dauphiniet 16 12.16.53

1 MILE TRACK WALK

W30 Roisin O'Dwyer-Mazur 2026 9:55.51
W35 Roslyn Kirwin 2026 10:05.18
W40 Brenda Gannon 2019 8.16.90
W45 Brenda Gannon 2019 8.49.82
W50 Erika Woodward 2020 9.17.06
W55 Erika Woodward 2022 8.55.36
W60 Merle Johnston 2001 11.47.3
W65 Sally Lynch 2011 10.44.18
W70 Noela McKinnen 2014 12.15.69
W75 Noela McKinnen 2018 12.50.66
W80 Christiane Dauphiniet 14 12.12.99
W85 Christiane Dauphiniet 17 13.29.56

2000M TRACK WALK

W30 Roisin O'Dwyer-Mazur 2025 12:14.39
W35 Roslyn Kiriwin 2025 12:48.65
W45 Brenda Gannon 2021 10.29.46
W50 Erika Woodward 2020 11.33.20
W55 Erika Woodward 2022 11.18.61
W75 Noela McKinnen 2020 16.13.33
W80 Noela McKinnen 2023 16:53.87

3000M TRACK WALK

W30 Karen Iselin 1989 13.55.8 **A**
W35 Lyn Gordon 1992 14.42.7
W40 Olga Firsava 2024 9:27.98
W45 Georgina Mackay 1994 15.58.3
W50 Erika Woodward 2016 16.24.97
W55 Erika Woodward 2021 17.22.51
W60 Sally Lynch 2004 17.51.63
W65 Sally Lynch 2009 18.53.08
W70 Christiane Dauphiniet 01 19.56.80
W75 Lorna Thompson 2002 20.42.15
W80 Lorna Thompson 2008 22.15.42
W85 Christiane Dauphiniet 2019 24.16.19

5000M TRACK WALK

W30 Karen Iselin 1989 24:13.2
W35 Lyn Gordon 1991 25.23.5
W40 Karen Iselin 1997 25.55.34
W45 Lyn Lewis 2000 27.47.00
W50 Felicia Schmidt 2001 28.03.69
W55 Erika Woodward 2021 29.48.67
W60 Sally Lynch 2003 30.29.0
W65 Sally Lynch 2009 31.43.18
W70 Lorna Thompson 1998 34.06.8
W75 Lorna Thompson 2002 34.40.70
W80 Lorna Thompson 2007 38.54.73
W85 Christiane Dauphiniet 16 40.36.35

10,000M TRACK WALK

W30 Karen Iselin 1987 50:58.0

W35 Lyn Gordon 1991 53.50.8
W40 Lyn Lewis 1999 55.14.3
W45 Georgina Mackay 1994 56.23.7
W50 Felicia Schmidt 2001 58.04.8
W55 Noela McKinnen 1997 63.02.4
W60 Sally Lynch 2005 65.35.00
W65 Christiane Dauphiniet 00 68.14.5
W70 Christiane Dauphiniet 01 70.59.7
W75 Lorna Thompson 2002 70.48.2
W80 Christiane Dauphiniet 12 1:23.08

LONG JUMP

W30 Maree Bugeja 2005 5.61
W35 Jan Hynes 1983 5.89 **A**
W40 Glynis Cearns 2001 5.77
W45 Marie Kay 2008 5.52
W50 Marie Kay 2010 5.41 **A**
W55 Marie Kay 2016 5.01 **A**
W60 Wilma Perkins 2011 4.32
W65 Carol Davis 2018 4.07 **A**
W70 Carol Davis 2021 4.01 **A**
W75 Carol Davis 2026 3.32
W80 Gene Mogg 1992 1.74

TRIPLE JUMP

W30 Maree Bugeja 2006 11.68
W35 Dash Newington 2024 11.32
W40 Glynis Cearns 2001 11.45
W45 Jan Hynes 1991 10.58
W50 Jan Hynes 1994 9.97
W55 Una Lund 1997 8.97
W60 Una Lund 2001 8.80
W65 Carol Davis 2018 7.90
W70 Carol Davis 2023 7.16
W75 Carol Davis 2026 7.22

HIGH JUMP

W30 Ashleigh Reid 2022 1.71 **A**
W35 Deann Mayfield 1999 1.73 **A**
W40 Deann Mayfield 2002 1.71 **A**
W45 Deann Mayfield 2009 1.63 **A**
W50 Deann Mayfield 2012 1.56 **A**
W55 Deann Mayfield 2017 1.53 **A**
W60 Deann Mayfield 2022 1.41 **A**
W65 Marge Allison 2009 1.27 **A**
W70 Carol Davis 2021 1.14
W75 Marge Allison 2020 1.12

POLE VAULT

W30 (Ruth Miller 1991 2.00
W30 (Roisin O'Dwyer-Mazur 2026 2.00
W35 Dash Newington 2024 3.70
W40 Dash Newington 2025 3.72
W45 Wilma Perkins 1998 2.62
W50 Wilma Perkins 2000 2.70
W55 Wilma Perkins 2005 2.50
W60 Wilma Perkins 2010 2.33
W65 Wilma Perkins 2016 2.19 **A**
W70 Wilma Perkins 2020 2.06 **A**
W75 Wilma Perkins 2025 1.85 **A**

JAVELIN 600grms (W30-49)

W30 Sallyann Moller 2016 36.32
W35 Leonie Hoffman 2013 35.82
W40 Lee-Anne Grosvenor 13 31.88
W45 Marie Kay 2009 32.30

JAVELIN 500grms (W50-74)

W50 Sueli Dashwood 2016 38.12 **A**
W55 Marie Kay 2016 33.69
W60 Lesley Duncan 2025 30.74 **A**
W65 Marie Kay 2025 26.16 **A**
W70 Carol Davis 2021 22.70

JAVELIN 400grms (W75+)

W75 Carol Davis 2026 21.88
W80 Heather Doherty 2014 19.45
W85 Heather Doherty 2018 11.42
W90 Ruth Frith 2002 9.84
W95 Ruth Frith 2006 9.03 **A**

W100 Ruth Frith 2009 6.43 **W**

DISCUS 1kg (W30-74)

W30 Kelly Humphries 2011 41.33
W35 Una Lund 1980 39.96
W40 Una Lund 1982 42.30
W45 Una Lund 1990 39.38
W50 Una Lund 1991 38.46
W55 Una Lund 1996 35.30 **A**
W60 Heather Doherty 1994 33.24 **A**
W65 Heather Doherty 1999 30.74 **A**
W70 Heather Doherty 2006 25.45 **A**

New World Specs. for W75+ .75kg

W75 Una Lund 2018 25.32 **A**
W80 Heather Doherty 2014 22.28 **A**
W85 Heather Doherty 2018 14.89 **A**
W95 Ruth Frith 2006 10.90 **A**
W100 Ruth Frith 2011 9.30 **W**

SHOT PUT 4kg (W30-49)

W30 Nicole Luyten 2025 12.79
W35 Una Lund 1980 11.86
W40 Una Lund 1981 11.90
W45 Una Lund 1987 11.30

SHOT PUT 3kg (W60-74)

W50 Una Lund 1991 12.17
W55 Heather Doherty 1993 11.70
W60 Heather Doherty 1993 12.18
W65 Helen Searle 2004 11.58 **A**
W70 Helen Searle 2011 9.98 **A**

New World Specif. for W75+ 2kg

W75 Helen Searle 2015 10.40 **A**
W80 Helen Searle 2019 9.24 **A**
W85 Heather Doherty 2018 5.21
W95 Ruth Frith 2004 5.25 **A**
W100 Ruth Frith 2010 4.48 **A**
W100 Ruth Frith 2010 4.10 **W**

HAMMER 4kg (W30-49)

W30 Kelly Humphries 2014 49.28
W35 Finn Connors 2017 38.87
W40 Kathy Newman 2008 42.95
W45 Althea Mackie 2015 42.13

HAMMER 3kg (W50-74)

W50 Althea Mackie 2024 44.05
W55 Althea Mackie 2025 41.75
W60 Helen Searle 2001 46.09 **W**
W65 Helen Searle 2006 41.41
W70 Helen Searle 2009 34.86

New World Specif. for W75+ 2kg

W75 Helen Searle 2015 32.55
W80 Helen Searle 2019 27.03
W85 Heather Doherty 2018 17.80
W95 Ruth Frith 2006 13.71 **A**
W100 Ruth Frith 2010 11.30 **W**

WEIGHT THROW 9.08kg (W30-49)

W30 Kelly Humphries 2012 15.32
W35 Gail Peterson 1996 11.99
W40 Althea Mackie 2015 12.93
W45 Althea Mackie 2015 13.57

WEIGHT THROW 7.26kg (W50-59)

W50 Althea Mackie 2022 14.29
W55 Althea Mackie 2025 13.66

WEIGHT THROW 5.45kg (W60-69)

W60 Helen Searle 2002 16.55
W65 Helen Searle 2004 16.44
W70 Helen Searle 2009 13.94

New World Specif. for W75+ 4kg

W75 Una Lund 2018 13.54 **A**
W80 Heather Doherty 2014 9.64

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W85	Heather Doherty	2018	7.35
W95	Ruth Frith	2005	6.23 A
W100	Ruth Frith	2009	4.88 A
W100	Ruth Frith	2011	4.68 W

THROWS PENTATHLON (4&5 Jav) (Rescored with 2023 Scoring)

W30	Kelly Humphries	2012	2914
W35	Kerry Pickvance	2000	2123
W40	Kathy Newman	2008	2746
W45	Althea Mackie	2015	2947
W50	Althea Mackie	2020	2963
W55	Una Lund	2000	3305
W60	Helen Searle	2001	4219
W65	Helen Searle	2005	4405
W70	Helen Searle	400	2009 4213
W70	Helen Searle	500	2014 3036

New World Specifications for W75+

W75	Helen Searle	2015	3605 A
W80	Heather Doherty	2014	3374
W85	Heather Doherty	2019	2341
W90	Ruth Frith	2003	2294
W95	Ruth Frith	2006	3391 A
W100	Ruth Frith	2009	3916 A
W100	Ruth Frith	2011	3837 W

HEAVY WEIGHT RECORDS

56lb WEIGHT

W30	Nicole Luyten	2025	4.98
W35	Fionnula Connors	2017	4.37
W40	Althea Mackie	2013	5.00
W45	Althea Mackie	2016	5.16 A
W50	Althea Mackie	2020	4.71 A
W55	Althea Mackie	2025	4.01 A
W60	Heather Lamb	2025	2.65
W65	Maria Drury	2023	2.52
W70	Jill Taylor	2026	2.83 A
W75	Hazel McDonnell	2024	1.81

100lb WEIGHT

W30	Nicole Luyten	2026	2.21
W35	Miranda Ramsden	2022	2.39 A
W40	Miranda Ramsden	2025	2.18
W45	Althea Mackie	2018	2.25
W50	Althea Mackie	2023	2.18
W55	Althea Mackie	2026	2.07
W60	(Heather Lamb	2026	1.43
W60	(Lesley Duncan	2026	1.43
W65	Maria Drury	2023	1.13
W70	Margarita Jakobsons	2000	0.85
W75	Hazel McDonnell	2023	0.92

SUPER HEAVY WEIGHT THROW

* Qld Historical – All Time Recs

~Qld Current Recs are from 5/10/19

35lb SUPER WEIGHT – W30-49

~W30	Nicole Luyten	2025	8.16
~W35	Dash Newington	2022	6.54
*W40	Althea Mackie	2012	7.75
~W40	Tracey Hollis	2025	6.2
*W45	Althea Mackie	2018	8.01 A
~W45	Tina Eilola	2023	5.34

25lb SUPER WEIGHT – W50-59

W50	Althea Mackie	2020	10.03
*W55	Carolyn Boyd	2011	5.56
~W55	Leanne Hilton	2024	5.98

20lb SUPER WEIGHT – W60-74

*W60	Helen Searle	2002	9.85
*W65	Helen Searle	2006	8.66
~W60	Desley Vasley	2024	5.13
~W65	Maria Drury	2023	6.21
~W70	Wilma Perkins	2019	5.04

16lb SUPER WEIGHT – W75+

~W75	Hazel McDonnell	2024	6.16
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SINGLE ARM WEIGHT 16lb W30-W45

W30	Nicole Luyten	2023	14.12
W35	Dash Newington	2022	10.44
W45	Althea Mackie	2018	12.81 A

SINGLE ARM WEIGHT 12lb W50-W55

W50	Althea Mackie	2022	16.97
W55	Althea Mackie	2025	15.83

SINGLE ARM WEIGHT 8.8lb W60-W70

W60	Lesley Duncan	2025	13.08
W65	Maria Drury	2024	10.55
W70	Rosemary Kopittke	2023	6.23

SINGLE ARM WEIGHT 6.6lb W75+

HEAVY WEIGHT PENTATHLON

(Rescored with 2023 Scoring)

W30	Nicole Luyten	2025	2743
W35	Dash Newington	2022	2385
W40	Althea Mackie	2014	2999
W45	Althea Mackie	2018	3426
W50	Althea Mackie	2022	3571
W55	Althea Mackie	2025	3667
W60	Helen Searle	2002	4012
W65	Helen Searle	2005	4201
W70	Helen Searle	2010	3467
W75	Hazel McDonnell	2024	2570
W80	Lorraine Birtwell	2023	3019
W100	Ruth Frith	2010	4244

PENTATHLON (Jav:400g/500g)

(Rescored with 2023 Scoring)

W30	Nicole Luyten	2026	2409
W35	Leonie Hoffman	2012	2792 A
W40	Lee-Anne Grosvenor	2015	3189 A
W45	Lisa Crouch	2009	3476 A
W50	Lee-Anne Nelson	2023	3707 A
W55	Tamara Patterson	2024	2389
W60	Marge Allison	400	2009 2850
W60	Carol Davis	500	2016 3168
W65	Marge Allison	400	2012 3189
W65	Carol Davis	500	2017 3898 A
W70	Carol Davis	2022	3488 A
W75	Carol Davis	2026	3781 A

HEPTATHLON

(Rescored with 2023 Scoring)

W30	Emily Keehn	2022	3240
W35	Julie Brims	2005	3671
W40	Julie Brims	2006	4324
W45	Marie Kay	2009	5784 A
W50	Marie Kay	2011	5870 A
W55	Marie Kay	2015	6217 A
W60	Marge Allison	2008	4731
W65	Wilma Perkins	2015	4881 A
W70	Carol Davis	2021	5444 W
W75	Carol Davis	2026	5237 A

HEPTATHLON (Old Spec-Rescored)

W30	Wilma Perkins	1984	3777
W35	Jan Hynes	1984	4524

DECATHLON

W30	Roisin O'Dwyer-Mazur	2025	2872 A
W35	Dash Newington	2024	4637 A
W40	Dash Newington	2025	6366 W
W50	Lee-Anne Nelson	2026	6401 W
W55	Bronwyn Battersby	2026	3980
W65	Wilma Perkins	2015	6249 A
W75	Wilma Perkins	2026	3438 W

4 x 100 METRES RELAY

W30	Dominique Wright	31
2025	Victoria de Ruyter	39
	Ashleigh Gibson	31

	Loreen Kaliyati	34	50.56
W35	Julie Brims	48	
2014	Lee-Anne Grosvenor	42	
	Anne Salmoni	36	
	Petrina Brown	45	54.08
W40	Michelle Mackey	43	
2016	Lee-Ann Grosvenor	44	
	Adrienne Mclvor	45	
	Julie Brims	50	50.91
W45	Julie Brims	52	
2000	Cherie Bell		
	Helena Grono		
	Lee-Anne Nelson	46	52.26
W50	Wilma Perkins	50	
2000	Lois Hennes	50	
	Bonnie Cochrane	50	
	Hazel McDonnell	52	56.24
W55	Hazel McDonnell	59	
2007	Wilma Perkins	57	
	Noreen Parrish	65	
	Marge Allison	62	59.57
W60	Hazel McDonnell		
2009	Annette Horsnell		
	Marge Allison		
	Lesley Hamilton		62.64
W65	Jean Hampson	69	
2014	Noreen Parrish	72	
	Marge Allison	70	
	Wilma Perkins	65	66.31
W70	Rosemary Dean	70	
2022	Kathy Rourke	71	
	Marge Allison	77	
	Carol Davis	71	1:13.50

4 x 200 METRES RELAY

<u>W30</u>	Victoria de Ruyter	39		
2025	Dominique Wright	31		
	Ashleigh Gibsont	31		
	Loreen Kaliyati	34	1:45.10	A
<u>W35</u>	Brenda Ashley	43		
2024	Belinda Faulks	39		
	Dash Newington	40		
	Nicolette Hardgrave	37	1:54.68	A
<u>W40</u>	Belinda Faulks	40		
2025	Lee-Anne Nelson	53		
	Dash Newington	41		
	Natalie Hartmann	44	1:51.38	
<u>W45</u>	Petrina Brown	46		
2014	Karen Bradley	45		
	Karen Lakin	50		
	Julie Brims	48	1:57.51	
<u>W50</u>	Tamara Paterson	51		
2018	Julia Nicholas	56		
	Karen Lakin	54		
	Julie Brims	52	2:06.82	A
<u>W55</u>	Jessica Veurman	56		
2023	Tamara Patterson	57		
	Jodie Craswell	55		
	Karen Larkin	60	2:12.80	

4 x 400 METRES RELAY

PARA-METRE RACE			
W30	Jodie Schubert	36	
2009	Anne Venema	31	
	Petrina Brown	40	
	Julie Brims	43	4.21.48
	Petrina Brown	39	
W35	Julie Brims	41	
	Karen Lakin	44	
	Jeanette Flynn	56	4.21.69
	Belinda Faulks	40	
2025	Dash Newington	41	
	Natalie Hartmann	44	
	Gillian Kehoe	45	4:18.00
	Renee Briffa	47	
W45	Lee-Anne Nelson	50	
	Janet Webber	47	
	Julie Brims	56	4.18.24
	Wilma Perkins	50	
W50	Bonnie Cochrane	50	
	Hazel McDonnell	50	

Q.M.A. WOMENS RECORDS AS AT 30th AUGUST, 2026

	Lois Hennes	50	4.42.33
<u>W55</u>	Marge Allison	77	
2022	Tamara Paterson	55	
	Jessica Veurman	55	
	Karen Lakin	58	5.19.46
<u>W60</u>	Marge Allison		
2009	Jean Hampson		
	Betty Menzies		
	Irene Davey		5.14.72
<u>W65</u>	Betty Menzies	66	
2010	Jean Hampson	65	
	Lesley Hamilton	67	
	Marge Allison	66	5.40.05

4 x 800 METRES RELAY

<u>W30</u>	Petrina Brown	40	
2008	Anne Venema	30	
	Glenda Banaghan	44	
	Jeanette Flynn	57	10.21.11 A
<u>W35</u>	Petrina Brown	45	
2014	Katie Menzies	35	
	Lee-Anne Grosvenor	42	
	Jeanette Flynn	62	10.10.71 A

<u>W40</u>	Taryn Axelson	41	
2022	Lee-Anne Nelson	50	
	Jess Anderson	43	
	Renee Briffa	46	10.33.95
<u>W45</u>	Marcy Sheer	52	
2010	Wendy Stewart	48	
	Anne Ryan	55	
	Glenda Banaghan	46	10.43.91
<u>W50</u>	Peta Dunne	51	
2023	Lee-Anne Nelson	51	
	Heidi Storer	52	
	Joanna Boyd	51	10.41.24
<u>W60</u>	Marge Allison	63	
2008	Jean Hampson	62	
	Irene Davey	60	
	Betty Menzies	64	12.18.0
<u>W65</u>	Marge Allison	66	
2010	Leslie Le Vaillant	67	
	Jean Hampson	65	
	Betty Menzies	66	12.56.64 A

4 x 1500 METRES RELAY

<u>W30</u>	Petrina Brown	40	
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2008	Jeanette Flynn	57	
	Glenda Banaghan	44	
	Anne Venema	30	21.47.9 A
<u>W35</u>	Petrina Brown	47	
2014	Katie Menzies	37	
	Erika O'Reilly	35	
	Renee Witt	38	21.42.68 A
<u>W40</u>	Marcia Sheer	50	
2009	Glenda Banaghan	44	
	Petrina Brown	40	
	Jeanette Flynn	57	21.39.65
<u>W45</u>	Marcy Sheer	52	
2010	Glenda Banaghan	46	
	Julie Ellett	50	
	Wendy Stewart	48	22.49.02
<u>W50</u>	Fay McNeill	54	
2006	Jeanette Flynn	56	
	Jean Hampson	61	
	Betty Menzies	62	23.24.5
<u>W65</u>	Marge Allison	66	
2010	Lesley Le Vaillant	67	
	Jean Hampson	65	
	Betty Menzies	66	27.04.27 A

RELAYS: MEMBERS WHO SET RECORDS IN AUST TEAMS IN NATIONAL AND INTERNATIONAL COMPETITION.

4 x 100m RELAY

W35+	Julie Brims	2008	47.74 A
W40+	Julie Brims	2009	48.01 W
W45+	Julie Brims	2011	48.92 W
W50+	Julie Brims	2022	50.70 W
W55+	Julie Brims	2022	53.19 W
W65+	Carol Davis	2017	60.60 A
	Wilma Perkins	2017	60.60 A
W70	Wilma Perkins	2024	68.50 A

4 x 400m RELAY

W35+	Cherie Smee	2001	4.02.04 A
W40+	Leanne Smith	2001	3.57.28 A
	Glynis Cearns	2001	3.57.28 A
W45+	Julie Brims	2011	4.01.22 W
W50+	Julie Brims	2024	4:09.92 W
W55+	Julie Brims	2022	4:35.16 A
W60+	Wilma Perkins	2011	4.55.53 A
W65+	Carol Davis	2017	4.52.76 W
	Jeanette Flynn	2017	4.52.76 W
W70+	Marge Allison	2015	5.32.95 W
	Jean Hampson	2015	5.32.95 W
W75+	Carol Melling	2016	7.11.20 A

4 x 800m RELAY

W45+	Lee-Anne Nelson	2023	9.43.13 A
W55+	Jeanette Flynn	2007	10.31.0 A
	Betty Menzies	2007	10.31.0 A
	Fay McNeill	2007	10.31.0 A
W60+	Jeanette Flynn	2013	11.22.59 A

QUEENSLAND RECORDS (OUT OF STADIUM) - : 15th AUGUST, 2026

TRACK EVENTS (STADIUM)

These QBP Times for 60 Metres are not recognised as Queensland Records. All Records up to and including 800m must be set with Electronic Timing. The remaining Records will be deleted when bettered by an Official Record.

60 METRES

W35 Julie Brims 2004 7.7

ROAD RUNS

HALF MARATHON

W30 Nerissa O'Donnell 2019 1:19.49
W35 Shiloh Watts 2016 1:23.15
W40 Glenda Banaghan 2007 1:19.10
W45 Kerri Hodge 2019 1:19.39
W50 Nicola Bowker 2022 1:24.00
W55 Krishna Stanton 2023 1:21.12
W60 Anne Ryan 2016 1:31.54
W65 Betty Menzies 2009 1:47.35
W70 S.Thureau-Martin 2023 2:08.40
W75 Lorna Thompson 2003 2:32.18

MARATHON

W30 Nerissa O'Donnell 2019 2:51.22
W35 Lyn Stern 1994 3:02.05
W40 Beth McKenzie 2022 2:38.19
W45 Kerri Hodge 2019 2:45.35
W50 Nicola Bowker 2022 2:56.47
W55 Krishna Stanton 2022 2:48.06 A
W60 Susan Thornton 2023 3:37.59
W65 Lesley Le Vaillant 2010 3:50.00
W70 Lesley Le Vaillant 2013 4:34.59

10km ROAD RUN

W30 Nerissa O'Donnell 2019 36.46
W35 Olga Firssova 2022 33.53 A
W40 Kerri Hodge 2018 37.13
W45 Kerri Hodge 2019 36.07
W50 Nicola Bowker 2022 38:55.4
W55 Krishna Stanton 2022 38.24.0
W60 Susan Thornton 2023 45.08.1
W65 Anne Ryan 2022 44.15
W70 Anne Ryan 2026 48:59:1
W75 Sylvie Martin 2026 59:00

CROSS COUNTRY

3000 METRES (3km)

W30 Katie Menzies 2011 11.37
W35 Glenda Banaghan 2002 11.08
W40 Glenda Banaghan 2007 10.12
W45 Glenda Banaghan 2009 11.23
W50 Felicia Schmidt 2001 12.22
W55 Anne Ryan 2013 11.50
W60 Marge Allison 2008 14.10
W65 Jean Hampson 2013 16.35

W70 Jean Hampson 2017 18.48

4000 METRES (4km)

W30 Katie Menzies 2013 15.48
W35 Katie Menzies 2017 15.39
W40 Glenda Banaghan 2008 13.54
W45 (Hubertien Wichers 2010 15.30
W45 (Kerri Hodge 2019 15.30
W50 Marcia Sheer 2010 15.01
W55 Anne Ryan 2013 14.52
W60 Susan Thornton 2022 19.02
W65 Betty Menzies 2010 19.23
W70 Irene Davey 2018 23.40
W75 Beverley Williams 2010 34.56

5000 METRES (5km)

W30 Denise Hauville 1978 29.31
W35 Glenda Banaghan 2002 19.29
W40 Glenda Banaghan 2008 17.38
W45 Glenda Banaghan 2010 19.43
W50 Felicia Schmidt 2000 21.18
W55 Betty Menzies 2000 22.08
W65 Bev Wallace 2000 32.03

6000 METRES (6km)

W35 Erika O'Reilly 2019 27.50
W40 Michelle Kunde 2021 31.39
W45 Kerri Hodge 2021 24.14
W50 Caroline Bailey 2021 29.43
W55 Miya Kolb 2022 27.16
W60 Susan Thornton 2022 31.00
W65 Anne Ryan 2021 28.36
W70 Anne Ryan 2026 28:34

8000 METRES (8km)

W30 Katie Menzies 2010 32.14
W35 Glenda Banaghan 2002 30.34
W40 Glenda Banaghan 2007 29.12
W45 Glenda Banaghan 2011 30.28
W50 Marcia Sheer 2010 31.43
W55 Louisa Abram 2018 30.29
W60 Anne Ryan 2015 33.44
W65 Betty Menzies 2010 40.10
W70 Jean Hampson 2016 50.53
W75 Carol Melling 2016 51.07
W85 Margaret Russell 2001 1.32.40

10,000 METRES (10km)

W30 Judy Briscoe 1995 43.21
W35 Lyn Stern 1994 39.39
W40 Marcia Sheer 1998 40.59
W45 Fay McNeill 2000 44.35
W50 Fay McNeill 2002 43.18
W55 Betty Dent 2000 50.27
W60 Beryl Doocey 1994 55.54
W65 Joan Stubbings 1999 57.39

ROAD WALKS

5KM

W30 Jodie Wilson 2026 30:19

W40 Brenda Gannon 2019 28.33
W45 Brenda Gannon 2023 27.43
W50 Nyle Sunderland 2019 28.45
W55 Erika Woodward 2021 30.13
W60 Anne Weekes 2026 29:49
W65 Sally Lynch 2009 31.54
W70 Christiane Dauphin 2002 33.56
W75 Christiane Dauphin 2007 36.54
W80 Christiane Dauphin 2011 38.22

8KM

W30 Patricia Hibbs 2026 51:49
W40 Brenda Gannon 2018 46.06
W45 Brenda Gannon 2024 47:01
W55 Erika Woodward 2023 50:45
W60 Sally Lynch 2008 54.44
W65 Sally Lynch 2009 53.23
W75 Christiane Dauphin 2007 59.11
W80 Christiane Dauphin 2011 61.38

HALF MARATHON WALK

W50 Brenda Gannon 2026 2:14:49.00 A

10KM

W30 Patricia Hibbs 2026 1:08:30
W35 Karen Iselin 1994 55.50
W40 Lyn Lewis 1999 55.58
W45 Nyle Sunderland 2012 57.00
W50 Felicia Schmidt 2002 57.27
W55 Erika Woodward 2022 1:01.17
W60 Anne Weekes 2026 1:01:07
W65 Sally Lynch 2009 1:05.02
W70 Joan Purcell 2013 1:10.32
W75 Lorna Thompson 2002 1:12.49 A
W80 Christiane Dauphin 2011 1:17.50
W85 Lorna Thompson 2012 1:28.04

15KM

W45 Brenda Gannon 2021 1:28.51
W50 Nyle Sunderland 2019 1:32.01
W55 Erika Woodward 2022 1:38.00
W60 Noela McKinven 2005 1:53.31
W75 Noela McKinven 2018 2:09.36
W80 Noela McKinven 2023 2:15.59

20KM

W40 Lyn Lewis 1999 2:00.49
W45 Judy Moller 2002 2:01.13
W50 Felicia Schmidt 2002 2:02.54
W55 Noela McKinven 1998 2:09.58
W60 Noela McKinven 2002 2:18.45
W65 Noela McKinven 2007 2:32.09
W70 Joan Purcell 2011 2.30.05

50KM

W45 Brenda Gannon 2020 6:18.17

AMA INDOOR RECORDS HELD BY QMA MEMBERS AS AT 4th JULY 2026

There are no indoor facilities in Queensland. As a result, there are no QMA indoor records. QMA athletes are able to compete at interstate and international indoor venues and competitions. They can and are therefore able to qualify for AMA Indoor Records.

A-Australian Record, **CR**-Australian Championship Record

60 METRES INDOOR (not Qld)

W50	Julie Brims	2017	8.08	A
W55	Julie Brims	2023	8.25	A
W70	Noreen Parrish	2012	10.31	A
W75	Noreen Parrish	2017	11.42	A

200 METRES INDOOR (not Qld)

W45	Marie Kay	2008	25.85	A
W50	Julie Brims	2017	26.11	A
W65	Marge Allison	2010	31.79	A
W70	Noreen Parrish	2012	35.86	A
W75	Noreen Parrish	2017	41.54	A

400 METRES INDOOR (not Qld)

W45	Marie Kay	2008	56.99	W
W55	Julie Brim	2025	67.51	
W65	Jeanette Flynn	2017	70.34	A
W75	Noreen Parrish	2017	1.51.08	A

800 METRES INDOOR (not Qld)

W60	Jeanette Flynn	2014	2.41.40	A
W65	Jeanette Flynn	2017	2.44.45	A

1500 METRES INDOOR (not Qld)

W60 Jeanette Flynn 2014 5.45.40 **A**

3000 METRES INDOOR (not Qld)

W60 Anne Ryan 2014 12.28.31 **A**

60m HURDLES INDOOR (not Qld)

W35	Eliana Seymour	2023	9.01	A
W40	Eliana Seymour	2025	9.11	A
W50	Marie Kay	2010	9.55	A
W60	Wilma Perkins	2010	10.81	A
W65	Marge Allison	2010	11.05	A
W75	Wilma Perkins	2025	15.36	A

LONG JUMP INDOOR (not Qld)

W45	Marie Kay	2008	5.57	A
W50	Marie Kay	2012	5.20	A
W60	Wilma Perkins	2010	4.09	A
W65	Jean Hampson	2014	3.35	A
W70	Jean Hampson	2017	3.05	A
W75	Wilma Perkins	2025	2.82	A

HIGH JUMP INDOOR (not Qld)

W35	Dash Newington	2024	1.45	A
W50	Marie Kay	2006	1.51	A
W60	Wilma Perkins	2012	1.23	A
W65	Marge Allison	2010	1.17	A

POLE VAULT INDOOR (not Qld)

W35	Dash Newington	2024	3.70	A
W65	Wilma Perkins	2019	1.90	A
W70	Wilma Perkins	2023	1.60	A
W75	Wilma Perkins	2025	1.50	A

SHOT PUT INDOOR (not Qld)

W30	Nicole Luyten	2026	12.42	A
W30	Nicole Luyten	2025	11.63	CR

W50 Marie Kay 2010 12.30 **A**

WEIGHT THROW INDOOR (not Qld)

W30	Nicole Luyten	2026	13.69	A
W30	Nicole Luyten	2025	12.97	CR
W45	Althea Mackie	2017	12.06	A

56lb WEIGHT INDOOR (not Qld)

W30	Nicole Luyten	2026	4.91	A
W30	Nicole Luyten	2025	4.87	CR

100lb WEIGHT INDOOR (not Qld)

W30	Nicole Luyten	2026	2.00	A
W30	Nicole Luyten	2025	1.97	CR

SUPER WEIGHT THROW INDOOR (not Qld)

W30	Nicole Luyten	2026	8.72	A
W30	Nicole Luyten	2025	8.27	CR

HTHEAVY WEIG PENT.INDOORS

W30	Nicole Luyten	2026	2929	A
W30	Nicole Luyten	2025	2512	CR

PENTATHLON INDOOR (not Qld)

W50	Marie Kay	2010	4440	A
W65	Marge Allison	2010	3371	A

RELAYS: MEMBERS WHO SET RECORDS IN AUST TEAMS IN NATIONAL AND INTERNATIONAL COMPETITION.

4 x 200m RELAY INDOOR (Not Qld)

W35+	Eliana Seymour	2023	2.03.99	A
W40+	Marie Kay	2008	1.49.98	A
W50	Julie Brims	2023	1.54.21	A
	Maryann Hearn	2023	1:54.21	A
W55	Julie Brims	2025	1:52.64	W
W65+	Jeanette Flynn	2017	2.19.47	A
	Wilma Perkins	2017	2.19.47	A
W70+	Noreen Parrish	2017	2.49.19	A
	Jean Hampson	2017	2.49.19	A

4 x 200m MIXED RELAY INDOOR (Not QLD)

X70	Dieter Lacko	2023		A
	Wilma Perkins			
	Lynne Schickert		3:02.60	A
X75	Wilma Perkins	2025	3:01.64	A

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 20th AUGUST 2026)

* Represented for other States before joining Queensland.

60 METRES

W45 Julie Brims	7.75	2011
W50 Julie Brims	8.14	2016
W75 Carol Davis	10.07	2026

100 METRES

W50 Julie Brims	12.63	2018
W65 Daphne Pirie	14.7	1987

200 METRES

W40 Julie Brims	25.14	2008
W45 Julie Brims	25.21	2011
W50 Julie Brims	26.09	2016
W55 Julie Brims	25.97	2022
W70 Marge Allison	33.40	2016
W75 Carol Davis	34.69	2026

400 METRES

W35 Nicolette Hargrave	56.91	2026
W50 Marge Allison *Nsw	59.5	1995
W60 Marge Allison *Nsw	67.37	2005
W65 Jeanette Flynn	70.37	2017
W80 Marge Allison	96.59	2025

800 METRES

W35 Nicolette Hargrave	2:11.43	2026
W50 Jeanette Flynn	2:18.07	2005
W65 Jeanette Flynn	2:48.56	2017

1500 METRES

W35 Marcia Sheer SA	4:30.16	1993
W50 Jeanette Flynn	4:49.04	2004

5000 METRES

W35 Marcia Sheer SA	16:42.74	1994
W40 Glenda Banaghan	17:05.51	2007
W55 Louisa Abram	18:24.57	2018

10,000 METRES

W35 Desiree Letherby	35:39	1983
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HALF MARATHON

W35 Shiloh Watts	1:25.27	2017
W45 Glenda Banaghan	1:22.34	2011
W55 Louisa Abram	1:26.35	2017

MARATHON

W70 Lesley Le Vaillant	4:34.59	2013
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80m HURDLES

W40 Eliana Seymour	12.03	2025
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300m HURDLES

W60 Marge Allison *Nsw	54.87	2005
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HALF MARATHON ROAD WALK

W50 Brenda Gannon	2:14:49	2026
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HIGH JUMP

W30 Ashleigh Reid	1.71	2022
W40 Deann Mayfield	1.70	2005
W50 Janet Webber	1.48	2026
W60 Dean Mayfield	1.36	2022

LONG JUMP

W50 Marie Kay	5.41	2010
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TRIPLE JUMP

W30 Maree Bugeja	11.68	2006
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POLE VAULT

W65 Wilma Perkins	2.10	2015
W70 Wilma Perkins	1.80	2023

W75 Wilma Perkins 1.60 2025

DISCUS THROW

W65 Heather Doherty	30.74	1999
W70 Heather Doherty	25.30	2005
W75 Heather Doherty .75k	24.46	2012
W80 Heather Doherty 75k	19.33	2015
W90 Ruth Frith *Nsw 1k	12.10	2000
W95 Ruth Frith .75k	10.29	2005
W100 Ruth Frith .75k	8.14	2010

SHOT PUT

W55 Helen Searle *Nsw	12.00	1999
W60 Helen Searle *Nsw	12.05	2000
W65 Helen Searle	11.41	2005
W70 Helen Searle	9.67	2010
W75 Helen Searle 2k	9.48	2015
W85 Ruth Frith *Nsw 3k	5.52	1999
W90 Ruth Frith *Nsw 3k	5.37	2001
W95 Ruth Frith 2k	5.04	2006
W100 Ruth Frith 2k	4.37	2010

HAMMER THROW

W60 Helen Searle	42.85	2002
W65 Helen Searle	41.41	2006
W85 Heather Doherty 3k	14.93	2022
W90 Ruth Frith *Nsw 3k	13.13	2000
W95 Ruth Frith 2k	12.93	2005
W100 Ruth Frith 2k	10.87	2011

JAVELIN THROW

W60 Lesley Duncan	29.43	2024
W65 Marie Kay 500g	24.61	2025
W90 Ruth Frith *Nsw	9.64	2002
W95 Ruth Frith	7.70	2005
W100 Ruth Frith	5.90	2010

WEIGHT THROW

W55 Helen Searle *Nsw	14.59	1999
W60 Helen Searle *Nsw	17.52	2000
W65 Helen Searle	16.10	2006
W85 Ruth Frith *Nsw	6.07	1999
W90 Ruth Frith *Nsw	6.19	2001
W95 Ruth Frith 4k	6.00	2005
W100 Ruth Frith 4k	4.72	2010

HEAVY WEIGHT PENTATHLON

W30 Nicole Luyton	2024	2691
W80 Lorraine Birtwell	2023	3019

THROWS PENTATHLON (2023

Scoring) #New Specs from 2005

W85 Ruth Frith *Nsw	2588	1998
W90 Ruth Frith *Nsw	2931	2000
W95 Ruth Frith #ns	3391	2005
W100 Ruth Frith #ns	3717	2010

PENTATHLON(withShot from 2009)

W35 Leonie Hoffman	2792	2012
W40 Lee-Anne Grosvenor	3189	2015
W50 Lee-Anne Nelson	3707	2023
W65 Carol Davis	3407	2016
W70 Carol Davis	3488	2022
W75 Carol Davis	3781	2026

HEPTATHLON (2023 Scoring)

W30 Leanne McMurdy	3192	2003
W70 Imogen Stanhope	1878	2026
W75 Carol Davis	5237	2026

DECATHLON (2023 Scoring)

W30 Roisin O'Dwyer-Mazur	2459	2026
W50 Lee-Anne Nelson	6401	2026
W75 Wilma Perkins	3438	2026

4x400m RELAY

180+ 4:11.34 2024

Julie Brims 58, Radika Lucas 45
Lee-Anne Nelson 52 Nicolette Hargrave 36

240+ 5:19.46 2022

Marge Allison 77, Tamara Paterson 55
Jessica Veurman 55, Karen Lakin 55

4x400m MIXED RELAY

120+ 3:51.39 2026

Colin Coulthard 41, Lauren McAdam 39,
Don Sanka Small 48, Ashleigh Gibson 32
180+ 4:03.04 2025

Gary Parkinson 57, Lee-Anne Nelson 53
Graham Scully 51, Renee Briffa 50

240+ 4:48.07 2026

Stephen Kenney 52, Kelly Gurski 56
Mark Lepper 64, Susan Thornton 64

CHAMPION of CHAMPIONS

SPRINTS

1987 Wilma Perkins	W35	13.07	Syd
1994 Mavis Collins	W75	11.46	Syd
1998 Noreen Parrish *N	W55	nt	Bris
2001 Wilma Perkins	W50	11.8h	Syd
2005 Wendy Sheaves-Doran	12.11	Bris	
2017 Julie Brims	W51	11.09	Darw
2018 Julie Brims	W52	11.34	Per
2019 Julie Brims	W53	11.61	Mel
2022 Julie Brims	W56	11.18	Bris
2023 Julie Brims	W57	11.16	Syd
2025 Julie Brims	W59	10.84	Adel

CHAMPION OF CHAMPIONS

THROWS

2012 Joanne Pronk W55 SP 19.93 Melb
2017 Wilma Perkins W67 SP 20.22 Darw

ROYCE FOLEY TROPHY THROWS

PENTATHLON HIGHEST POINTS

(no more than once in a 5year age

group

1997 Heather Doherty	W60	4272	Melb
1998 Helen Searle W55*ns	4337	Bris	
1999 Heather Doherty	W65	4587	Cbra
2000 Helen Searle W60*ns	5022	Hob	
2001 Ruth Frith W90 *ns	4215	Syd	
2004 Heather Doherty	W70	4571	Melb
2005 Ruth Frith	W95	7380	Bris
2006 Helen Searle	W65	5145	Cbra
2009 Heather Doherty	W75	4986	Adel
2010 Ruth Frith	W100	11,169	Per
2011 Helen Searle	W70	4318	Bris

BRIAN FOLEY AWARD Best

age-graded 800m/1500m Perf

2017 Jeanette Flynn W65 95.62% Darw

AMA CHAMPIONSHIPS Best Age

Graded Performances

2007 Ruth Frith W97	Throws	150.57%
2008 Ruth Frith W98	Throws	155.27%
2009 Ruth Frith W99	Throws	121.67%
2010 Ruth Frith W100	Throws	205.22%
2011 Julie Brims W45	Sprints	97.94%
2011 Ruth Frith W100	Throws	186.52%
2015 Helen Searle W75	Throws	102.49%
2017 Helen Searle W77	Throws	76.52%
2017 Jeanette Flynn W65 M/Dis		91.53%
2018 Louisa Abram W55	Dist	94.32%

AMA YEARLY AWARDS

SPRINTS/HURDLES

2005 Marge Allison	W60
2011 Julie Brims	W45
2017 Julie Brims	W50
2018 Julie Brims	W50
2023 Julie Brims	W55

AMA CHAMPIONSHIP RECORDS HELD BY QMA MEMBERS (as at 20th AUGUST 2026)

MIDDLE DISTANCE/STEEPLECHASE

2003	Jeanette Flynn	W50
2005	Jeanette Flynn	W50
2013	Jeanette Flynn	W60
2014	Jeanette Flynn	W60
2016	Jeanette Flynn	W65

DISTANCE

2009	Glenda Banaghan	W45
2018	Louisa Abram	W55
2025	Tia Jones	W60

JUMPS

2010	Marie Kay	W50
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THROWS

2004	Heather Doherty	W70
2020	Althea Mackie	W50

MULTI EVENTS/RELAYS

2000	Helen Searle *Nsw	W60
2001	Marie Kay *Nsw	W40
2003	Marie Kay *Nsw	W40
2005	Marie Kay	W45
2006	Julie Brims	W40

2010	Marge Allison 4x100m	W65
2010	Noreen Parrish 4x100m	W65
2016	Wilma Perkins	W65
2020	Marge Allison	W75
2022	Julie Brims 4x100m	W50
2023	Lee-Anne Nelson	W50
2024	Dash Newington	W35

MOST OUTSTANDING FEMALE

ATHLETE

1999	Heather Doherty	W65
2004	Jeanette Flynn	W50
2006	Marie Kay	W45
2008	Marie Kay	W45
2009	Marie Kay	W45
2015	Marge Allison	W70
2016	Julie Brims	W50
2020	Julie Brims	W50
2021	Carol Davis	W70
2024	Julie Brims	W55
2025	Marge Allison	W80

MOST OUTSTANDING INDIVIDUAL PERFORMANCE

2004	Ruth Frith	W95
2005	Noreen Parrish	W60

2007	Marie Kay	W45
2015	Marie Kay	W55
2017	Jeanette Flynn	W65
2021	Julie Brims	W55

AMA HALL OF FAME

2015	Heather Doherty
2016	Marge Allison
2018	Wilma Perkins

ADMINISTRATOR/OFFICIAL

2004	Judy Cooper
2009	Heather Doherty
2019	Irene Davey

AMA/AAVAC MERIT AWARD

2001	Judy Cooper	Services to Qld
2015	Hazel McDonnell	Services to AMA

SPECIAL RECOGNITION AWARD

2018	Wilma Perkins	W65
For services to Aust.Masters Athletics		

* Represented for other state before joining Q

AMA WINTER THROWING CHAMPIONSHIPS – CHAMPIONSHIP RECORDS AS AT 12/06/2026

JAVELIN THROW

W65 Denise Quinn (500g)	2022	19.20
W90 Ruth Frith	2001	10.00
W95 Ruth Frith	2008	5.78
W100 Ruth Frith	2010	5.62

DISCUS THROW

W30 Emily Keehn	2023	37.31
W60 Helen Searle	2001	32.03
W65 Helen Searle	2005	26.34
W80 Lorraine Birtwell	2023	16.12
W90 Ruth Frith	2001	11.46
W95 Ruth Frith 750g	2005	10.51
W100 Ruth Frith	2010	8.20

SHOT PUT

W30 Nicole Luyten	2026	12.48
W55 Marie Kay	2016	11.39
W60 Helen Searle	2000	12.24
W65 Helen Searle	2005	10.53
W70 Helen Searle	2010	9.90
W75 Helen Searle	2015	9.79
W90 Ruth Frith	2001	5.10
W95 Ruth Frith 2kg	2005	5.09
W100 Ruth Frith 2kg	2010	4.06

HAMMER THROW

W60 Helen Searle	2001	46.09
W65 Helen Searle	2005	40.11
W70 Helen Searle	2010	32.08
W75 Helen Searle	2014	32.27
W80 Lorraine Birtwell	2023	20.40
W90 Ruth Frith 3kg	2001	12.96
W95 Ruth Frith 2kg	2006	13.71

W100 Ruth Frith 2010 11.30

WEIGHT THROW

W60 Helen Searle	2000	16.22
W80 Lorraine Birtwell	2023	9.17
W90 Ruth Frith 5.45lb	2003	5.96
W95 Ruth Frith	2006	5.58
W100 Ruth Frith	2010	4.30

THROWS PENTATHLON

W60 Helen Searle	2000	5154
W65 Helen Searle	2005	5046
W70 Helen Searle	2010	4349
W75 Helen Searle	2014	4363
W90 Ruth Frith	2001	4180
W95 Ruth Frith	2006	7193
W100 Ruth Frith	2010	5495

WEIGHT FOR DISTANCE

W30 Nicole Luyton	2023	14.12
W45 Althea Mackie	2018	12.81
W50 Althea Mackie	2023	16.07

56lb WEIGHT

W40 Althea Mackie	2013	5.00
W45 Althea Mackie	2017	4.74

100lb WEIGHT

W35 Miranda Ramsden	2022	2.36
W50 Althea Mackie	2023	2.18

SUPER WEIGHT

W30 Nicole Luyton (35lb)	2026	8.71
W80 Lorraine Birtwell (16lb)	2023	5.38

SINGLE ARM WEIGHT

W30 Nicole Luyten	2023	14.12
W45 Althea Mackie	2018	12.81

HEAVY WEIGHT PENTATHLON

W45 Althea Mackie	2018	3426
W60 Helen Searle	2002	4012
W65 Helen Searle	2005	4201
W80 Lorraine Birtwell	2023	3019

THROWS PENTATHLON (2023 Tables)

W75 Helen Searle	2014	3365
W80 Lorraine Birtwell	2023	2552
W95 Ruth Frith	2006	3393
W100 Ruth Frith	2010	3756

OCEANIA RECORDS – LADIES – QMA MEMBERS (As at 18 SEPTEMBER 2025)

60 METRES

W30	Kelly McAndrew	7.67	2025
W40	Eliana Seymour	8.24	2025
W65	Wilma Perkins	9.52	2015

100 METRES

W30	Kelly McAndrew	12.30	2025
W40	Julie Brims	12.54	2006
W45	Marie Kay	13.16	2006
W55	Julie Brims	13.48	2025
W65	Carol Davis	15.31	2019

200 METRES

W30	Kelly McAndrew	24.98	2025
W40	Julie Brims	26.15	2006
W45	Marie Kay	26.55	2006
W65	Jeanette Flynn	30.55	2018
W80	Marge Allison	37.67	2025

400 METRES

W35	Nicolette Hargrave	57.03	2025
W45	Marie Kay	59.27	2006
W50	Renee Briffa	62.12	2025
W60	Jeanette Flynn	68.94	2014
W65	Jeanette Flynn	69.01	2018
W70	Marge Allison	79.76	2006
W80	Marge Allison	88.63	2025

800 METRES

W35	Nicolette Hargrave	2:10.64	2025
W45	Elsie Norbury	2:27.1	2019
W55	Louisa Abram	2:31.44	2018
W65	Jeanette Flynn	2:45.36	2018

1500 METRES

W30	Tayla Bevan	4:46.79	2025
W55	Louisa Abram	4:59.36	2018

5000 METRES

W55	Louisa Abram	18:44.52	2018
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80m HURDLES (0.762m)

W40	Eliana Seymour	11.95	2025
W45	Marie Kay	12.34	2008
W50	Marie Kay	13.14	2012

400m HURDLES (0.762m)

W35	Lauren McAdam	67.02	2025
W45	Marie Kay	64.70	2006

300m HURDLES (0.762m)

W55	Wilma Perkins	58.90	2006
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200m HURDLES (0.686m)

W70	Marge Allison	39.37	2012
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1500m TRACK WALK

W30	Patricia Hibbs	8:45.78	2025
W35	Roslyn Kirwin	9:39.23	2025
W50	Joy Dale	10:32.0	2025

JAVELIN (600gsm)

W30	Sallyann Moller	36.20	2019
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JAVELIN (500g from 2000)

W50	Lee-Anne Nelson	31.32	2025
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JAVELIN (500g from 2014)

W60	Lesley Duncan	26.61	2025
W65	Marie Kay	28.16	2025

JAVELIN (400g from 2000)

W75	Heather Doherty	19.78	2008
W80	Heather Doherty	19.45	2014
W85	Heather Doherty	8.68	2019
W90	Ruth Frith	10.09	2002

W95	Ruth Frith	7.98	2004
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DISCUS (1kg)

W60	Helen Searle	29.73	2002
W65	Helen Searle	27.53	2006

DISCUS (0.75kg from 2010)

W80	Heather Doherty	20.30	2014
W85	Heather Doherty	13.84	2019
W90	Ruth Frith	10.89	2002
W95	Ruth Frith	10.90	2006

SHOT PUT (3kg)

W60	Helen Searle	12.31	2000
W65	Helen Searle	11.58	2004
W70	Helen Searle	9.16	2012

SHOT PUT (2kg from 2010)

W80	Heather Doherty	7.44	2014
W85	Ruth Frith	5.42	1996
W90	Ruth Frith	5.21	2002
W95	Ruth Frith	4.72	2004

HAMMER (4kg)

W45	Althea Mackie	41.80	2015
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HAMMER (3kg)

W55	Helen Searle	45.98	1996
W65	Helen Searle	39.51	2006
W70	Helen Searle	33.07	2012
W80	Helen Searle	27.03	2019

HAMMER (2kg from 2010)

W85	Heather Doherty	16.82	2019
W90	Ruth Frith	11.85	2002
W95	Ruth Frith	11.16	2006
W100	Ruth Frith	9.64	2012

WEIGHT THROW (9.08kg-20lb)

W45	Althea Mackie	12.84	2015
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WEIGHT THROW (5.54kg-12lb)

W65	Helen Searle	16.44	2004
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WEIGHT THROW (4kg from 2010)

W80	Heather Doherty	9.63	2014
W85	Heather Doherty	6.82	2019
W95	Ruth Frith	5.16	2006

HIGH JUMP

W50	Janet Webber	1.46	2025
W65	Wilma Perkins	1.18	2015

LONG JUMP

W50	Marie Kay	5.23	2012
W65	Carol Davis	4.05	2019

TRIPLE JUMP

W40	Julie Brims	10.59	2006
W50	Helen Searle	9.54	1990
W65	Carol Davis	7.90	2019

POLE VAULT

W30	Emma Coogan	3.10	2025
W35	Nicolai Morris	2.60	2025
W40	Samantha Clare	3.10	2025
W60	Wilma Perkins	2.30	2010
W75	Wilma Perkins	1.80	2025

PENTATHLON Updated

W30	Wilma Perkins	2864	1984
	100 Metres	12.70	
	Shot Put	9.42	
	Long Jump	5.25	
	Javelin	28.71	
	800 Metres	2.49.4	

W40	Lee-Anne Grosvenor	3153	2014
	100 Metres	13.58	
	Shot Put	8.84	
	Long Jump	4.51	
	Javelin	27.57	
	800 Metres	2.29.06	

W50	Lee-Anne Nelson	3593	2025
	100 Metres	13.91	
	Shot Put	9.95	
	Long Jump	4.41	
	Javelin	28.17	
	800 Metres	2:32.81	

W65	Carol Davis	500Jav	3808	2019
	100 Metres	16.11		
	Shot Put	7.03		
	Long Jump	3.80		
	Javelin	22.63		
	800 Metres	3.12.21		

W70	Carol Davis	500Jav	3161	2025
	100 Metres	16.68		
	Shot Put	6.07		
	Long Jump	3.32		
	Javelin	16.41		
	800 Metres	3:28.36		

THROWS PENTATHLON

New Weight Specifications from 2010

W85	Heather Doherty		2341	2019
	Hammer	15.66		
	Shot Put	4.77		
	Discus	12.50		
	Javelin	7.62		
	Weight	6.23		
W90	Ruth Frith	Updated	3461	2002
	Hammer	12.49		
	Shot Put	4.97		
	Discus	10.31		
	Javelin	10.51		
	Weight	5.71		
W95	Ruth Frith	Updated	3779	2006
	Hammer	11.08		
	Shot Put	4.35		
	Discus	9.78		
	Javelin	6.43		
	Weight	5.16		
	2004			

HEPTATHLON Updated

W40	Lee-Anne Grosvenor	4068	2014
	Hurdles	15.69	
	High Jump	1.27	
	Shot Put	9.05	
	200 Metres	27.92	
	Long Jump	4.54	
	Javelin	27.41	
	800 Metres	2.33.4	
W50	Marie Kay	5831	2010
	Hurdles	13.13	
	High Jump	1.48	
	Shot Put	11.19	
	200 Metres	28.22	
	Long Jump	4.69	
	Javelin	30.33	
	800 Metres	2.52.47	
W70	Marge Allison	5022	2015
	Hurdles	17.92	
	High Jump	1.02	
	Shot Put	5.99	
	200 Metres	35.18	
	Long Jump	2.75	
	Javelin	16.44	
	800 Metres	3.25.94	

ASIA-PAN PACIFIC MASTERS GAMES - QMA MEMBERS RECORDS AS AT 2018

These are Asia/Pan Pacific Masters Records

TRACK & FIELD

60 METRES

W35	Julie Brims	8.07	2004
W40	Julie Brims	7.99	2010
W45	Tanya Bougoure	8.25	2014
W60	Wendy Doran	9.04	2010
W65	Carol Davis	9.21	2016

100 METRES

W35	Julie Brims	12.59	2004
W40	Julie Brims	12.46	2010
W45	Lee-Ann Nelson	13.33	2018
W55	Wendy Doran	13.96	2004
W60	Wendy Doran	14.63	2010
W65	Carol Davis	14.85	2016

200 METRES

W40	Julie Brims	25.50	2010
W50	Julie Brims	26.80	2016
W55	Wendy Doran	29.13	2004
W60	Wendy Doran	30.31	2010
W65	Wendy Sheaves-Doran	31.11	2014
W70	Marge Allison	33.78	2014

400 METRES

W35	Julie Brims	59.39	2004
W40	Marie Kay	59.39	2000
W55	Jeanette Flynn	66.11	2008
W60	Marge Allison	68.17	2004
W65	Marge Allison	70.64	2010
W70	Marge Allison	79.42	2014

4x100m Relay

QMA Members included in Teams

W30+	Julie Brims	50.55	2010
	Rebecca Lima		
	Kylie Denny		
W35+	Julie Brims	53.74	2014
W40+	Olivia Stewart	57.26	2008
W45+	Michelle Schafer	59.93	2006
W50+	Wilma Perkins	55.40	2000
	Hazel McDonnell		
W60+	Lesley Hamilton	67.10	2008
	Jean Hampson		
	Hazel McDonnell		
W65+	Sheila Abrahams	1.20.03	2000
	Rosemary Gidley		
	Daphne Pirie		
	Dot Gale		

4x400m Relay

QMA Members included in Teams

W30+	Marcia Sheer	4.28.28	2006
W35+	Karen Whitehead	4.35.45	2000
	Lynda Bateson		
	Rosemary Cameron		
	Cherie Smee		
W40+	Petrina Brown	4.22.37	2014
	Julie Brims		
W45+	Michelle Schafer	5.16.12	2006

800 METRES

W30	Katie Menzies	2.24.52	2010
W35	Lynda Bateson	2.26.5h	1998
W40	Marcia Sheer	2.25.5h	1998
W45	Jeanette Flynn	2.23.0h	1998
W55	Jeanette Flynn	2.30.27	2008
W60	Jeanette Flynn	2.39.21	2014
W65	Jeanette Flynn	2.47.17	2016
W80	Mavis Collins	6.21.7h	1998

1500 METRES

W40	Marcia Sheer	4.54.33	1998
W45	Jeanette Flynn	4.59.35	1998
W50	Marcia Sheer	5.11.17	2010
W55	Jeanette Flynn	5.24.78	2008

5000 METRES

W40	Marcia Sheer	18.04.66	1998
W50	Marcia Sheer	19.20.90	2008
W55	Betty Menzies	21.29.34	2000

80m HURDLES

W40	Marie Kay	12.94	2004
W45	Jill Pryor	13.94	2006
W50	Jill Pryor	13.82	2008
W60	Marge Allison	15.34	2008
W65	Wilma Perkins	17.50	2014

100m HURDLES

W35	Olivia Stewart	16.69	2000
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200m HURDLES

W70	Marge Allison	38.28	2014
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300m HURDLES

W65	Marge Allison	56.69	2010
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400m HURDLES

W35	Julie Brims	65.69	2004
W40	Marie Kay	72.64	2004

2000m STEEPLECHASE

W30	Anne Venema	9.12.32	2008
W55	Irene Davey	10.21.09	2004
W65	Irene Davey	10.26.48	2012

3000m TRACK WALK

W50	Felicja Schmidt	16.28.10	2002
W75	Lorna Thompson	20.42.15	2002
W80	Christiane Dauphinat	23.48.25	2012

5000m TRACK WALK

W45	Nyle Sunderland	28.37.79	2016
W50	Felicja Schmidt	28.41.36	2002
W75	Lorna Thompson	35.23.70	2002
W80	Christiane Dauphinat	40.31.16	2012

LONG JUMP

W40	Michelle Mackey	5.15	2012
W45	Lisa Crouch	4.70	2008
W55	Noela Brameld	3.91	2008
W60	Jean Hampson	3.67	2008
W65	Carol Davis	4.02	2018

TRIPLE JUMP

W65	Carol Davis	7.43	2018
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HIGH JUMP

W35	Deann Mayfield	1.65	1998
W40	Deann Mayfield	1.71	2002
W45	Deann Mayfield	1.60	2008
W50	Deann Mayfield	1.56	2012
W65	Daphne Pirie	1.15	2000
W65	Wilma Perkins	1.15	2014

POLE VAULT

W45	Wilma Perkins	2.40	1998
W50	Wilma Perkins	2.45	2000
W55	Wilma Perkins	2.30	2006
W65	Wilma Perkins	2.00	2014

JAVELIN THROW

W30	Tanya Krome	27.33	2004
W50	Yasha Watkins	32.07	2004
W55	Noreen Parrish	25.51	2000
W65	Heather Doherty	26.71	1998
W70	Heather Doherty	23.18	2004
W75	Heather Doherty	18.44	2008
W85	Margaret Russell	9.17	2002

DISCUS THROW

W30	Tanya Krome	29.33	2006
W65	Heather Doherty	29.86	1998
W70	Heather Doherty	22.31	2004
W75	Heather Doherty	23.04	2008
W80	Norma Murdoch	13.93	2006

SHOT PUT

W65	Heather Doherty	10.15	1998
W75	Heather Doherty	8.40	2008
W80	Norma Murdoch	5.90	2006

HAMMER THROW

W35	Fionnula Connors	39.46	2016
W40	Althea Mackie	39.78	2012
W45	Althea Mackie	38.68	2018
W80	Norma Murdoch	18.64	2006

WEIGHT THROW

W35	Finn Connors	11.15	2016
W80	Norma Murdoch	8.35	2006

THROWS PENTATHLON (to 2010)

W65	Heather Doherty	4119	1998
W75	Heather Doherty	3917	2008
W80	Norma Murdoch	3178	2006

OUT OF STADIUM EVENTS

10km ROAD WALK

W40	Lyn Lewis	59.46.0h	1998
W45	Nyle Sunderland	59.17.00	2014
W50	Felicja Schmidt	57.27.0h	2002
W60	Sally Lynch	1:04.45.00	2006
W70	Lorna Thompson	1:10.58.00	1998
W75	Joan Purcell	1:19.10.00	2018
W80	Lorna Thompson	1:21.35.00	2008

4KM CROSS COUNTRY

W30	Katie Menzies	16.37.48	2010
W45	Marcia Sheer	16.00.59	2006
W50	Marcia Sheer	16.07.18	2010
W55	Paula Moorhouse	19.55.00	2008
W60	Jean Hampson	21.17.63	2006
W65	Jean Hampson	23.14.00	2012
W70	Bev Williams	32.03.00	2008
W85	Alison Worrall	40.21.00	2012

8KM CROSS COUNTRY

W45	Glenda Banaghan	30.37.95	2010
W55	Anne Ryan	36.38.50	2014

BEACH MILE 2016 RESULT ONLY

QMA MEMBERS

W45	4	Petrina Brown	11.23	2016
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5KM ROAD RACE 2016 RESULTS

W50	2	Toni Ferguson	21.36	2016
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10.5KM TRAIL RUN 2016 RESULTS

W45	1	Elizabeth Cox	47.58	2016
W50	1	Toni Ferguson	50.48	2016